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04/29/2009

Swine Flu Guidance - Update

A Message from the Directorate of Support

APPROVED FOR RELEASE □  
DATE: 16-Sep-2009

(U) Additional information from the □ will be provided as it becomes available. For additional information on the current swine flu situation, please visit the Center for Disease Control (CDC) website at <http://www.CDC.gov/swineflu>.

(U) As a reminder, the Office of Medical Services offers the following advice to the Agency population:

**If you develop flu-like symptoms:**

Employees who develop a flu-like illness should NOT come into the workplace, to minimize risk to coworkers, and should stay at home.

Employees who become ill in the workplace should either contact the OMS clinic in their building or consult their personal health care provider. When reporting to the clinic, the

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ill individual should advise the health provider of his/her symptoms immediately, so that s/he can be evaluated in a separate treatment area.

Symptoms of swine flu are the same as for seasonal influenza, and include:

- Fever greater than 100.5 F (38C)
- Cough
- Sore throat
- Stuffy nose
- Chills
- Muscle aches
- Headache
- Fatigue

Some people have reported diarrhea and vomiting with swine flu. The time between exposure and symptoms (incubation period) appears to be 1-6 days.

**Control of influenza:**

At this time, the evidence suggests that the swine flu strain reported in Mexico and other places is behaving like other human influenza viruses, and thus far it appears sensitive to antiviral medications such as Oseltamivir. Control of this illness to minimize spread entails:

- Keeping ill employees out of common areas – CDC recommends affected individuals remain at home for 7 days or until 24 hours after symptoms resolve, whichever is longer.
- Employees who are ill and must go in common areas should wear a surgical mask.
- Employees caring for ill individuals should wash their hands frequently and should wear a mask when within 6 feet of the ill individual. Within a household, one individual should be designated as caregiver, to minimize spread to other household members.

**General measures that all employees should follow include:**

- Cough etiquette – covering your mouth when you cough, and wash your hands frequently. It is better to cough into your sleeve or handkerchief than into your hand.
- Remaining out of the workplace when you have a respiratory illness with fever.